



May 2013



BreastFeeding Basics Class: BJACH LDRP tour to follow. Registration Call 531-3705 OR 531-3708

Breathing and Relaxation Class: BJACH . LDRP tour to Follow. Registration Call 531-3705 OR 531-3708

Diabetes Education Class for all diabetics. BJACH Classroom 1, 1st floor. Registration Call 531-6880/3255.

Getting Ready to Quit Tobacco: first step in TOBACCO CESSATION program. FT Polk education center, bldg 660, room 201. Registration Call 531-6880

Labor and Delivery (L&D) Class: BJACH. LDRP tour to follow. Call 531-3705 OR 531-3708 TO REGISTER.

Newborn Care: BJACH LDRP tour to follow. Registration Call 531-3705 OR 531-3708

Pregnancy Postpartum Physical Training (PPPT) education: BCTC THEATER ROOM. Enrollment call 531-4926.

Self care/over the counter (SC/OTC) medication class: request OTC meds without Cost. BLDG 3516 (behind red roof) Preventive medicine (337) 6880. Complete on-line at www.polk.amedd.army.mil

Sibling Class: for children expecting new siblings: BJACH LDRP tour to follow. Call 531-3705 OR 531-3708 TO REGISTER.

Weight Management For Active Duty (ARMY MOVE 1,2,3.): BJACH 1st floor classroom. For registration call 531-3129.

Weigh2Geaux Weight management Class: OPEN TO ALL BENEFICIARIES. BJACH 1st floor, Classroom 1. Info call 531-3255 or 531-3129. (Requests for weight loss medication will need a referral by primary care physician)

Mon	Tue	Wed	Thu	Fri
		1	2 PPPT EDUCATION 0815-0900	3 HEALTH AWARENESS BJACH 1000-1300
6 ARMY MOVE 0900, 1100, 1300 TOBACCO CESSATION 1130-1300	7 LABOR & DELIVERY 1300-1500	8 SC/OTC MEDICATION CLASS 1000-1100	9 DIABETES EDUCATION 0800-1200 PPPT EDUCATION 0815-0900	10
13 ARMY MOVE 0900, 1100, 1300	14 BREATHING & RELAXATION 0900-1100	15 BREASTFEEDING BASICS 0900-1100	16 PPPT EDUCATION 0815-0900	17 HEALTH AWARENESS PX 1000-1300 WEIGHT MANAGEMENT 1200-1500
20 ARMY MOVE 0900, 1100, 1300	21	22 SC/OTC MEDICATION CLASS 1000-1100	23 PPPT EDUCATION 0815-0900 NEWBORN CARE 1000-1200	24
27 MEMORIAL DAY	28 SIBLING CLASS 1700-1800	29	30 PPPT EDUCATION 0815-0900	31

MAY IS NATIONAL EMPLOYEE HEALTH & FITNESS; ASTHMA & ALLERGY AWARENESS & HIGH BLOOD PRESSURE EDUCATION MONTH

Self Care/Over the Counter Medication Class

Use BJACH Pharmacy to request over the counter medications for pain, fever, coughs, colds, allergies and other minor conditions - **NO PRESCRIPTION NEEDED!**

BJACH
HEALTH PROMOTION
337-531-6880

There are several ways to complete the class!

Unit level or FRG meetings upon request
Other gatherings/meetings/training upon request
Online at the BJACH website (see below)

Any way you choose, you will be given a card to carry that will never expire.

SC/OTC Group class dates:

14 MAY 2013

28 MAY 2013

1000 -1100

1000 -1100

Dept. of Preventive Medicine, Bldg 3516

(BEHIND Red Roof)

CALL TO SCHEDULE

OR

On-line class

Complete the class portion on-line @

www.polk.amedd.army.mil

Click the SELF CARE/OTC ON-LINE CLASS hyperlink.

You must pass the on-line test, print out your certificate and
make an appointment with Health Promotion to be entered into
the OTC system.

Tobacco Cessation classes

ARE BEING OFFERED TWO WAYS AT BJACH!

You may choose to participate in the program with a group of your peers or you may also complete a structured on-line program. Either program may be brought to your work or unit upon request! Classes are scheduled monthly at BJACH.

For more information call 531-6880

Call BJACH Health Promotion for more information @ (337) 531-6880.

A close-up photograph of a baby sitting in a car seat, crying with its mouth wide open. The baby is wearing a red hat and a red jacket with yellow accents. The car seat has a blue and white patterned fabric.

DEPARTMENT OF PREVENTIVE MEDICINE

MAY 2, 2013
MAY 9, 2013
MAY 16, 2013
MAY 23, 2013



JUNE 6, 2013
JUNE 13, 2013
JUNE 20, 2013
JUNE 27, 2013

CALL

(337) 531-3776 OR (337) 531-6880